

BO 44277

01/01/26

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**Abstract**

The invention discloses a composition comprising (a) soluble creatine, (b) a phosphorus supplement, wherein the phosphorus supplement provides at least 75% of the recommended daily dose of phosphorus value per serving, and (c) a blood buffer, which is preferably citrate and/or (bi)carbonate. The composition is used in a method for increasing the energy capacity within tissue cells.

T09270, 54269/60